

# AYURPATRA

Your monthly health e-newsletter

**Volume: 1- SERIES URDHWAJATRUGAT III -NOVEMBER  
2004**

**Diseases of - Above Shoulder region**

We are delighted to present to you November issue of our monthly e-feature about Ayurveda and health. Our web site (<http://www.ayurplanet.com/>) has helped millions of people. The newsletter are loaded with lots of information, events and happenings related to Ayurveda including featured articles, details of very useful herbs, beauty tips and various herbal products and health supplements. The aim of this Newsletter is to serve humanity from health aspect by natural means.

## **FEATURED HEALTH ARTICLE: SINUSITIS/ PRATISHAYAYA / PEENAS -Dr.Nishtha Tiwari.**

'Sinusitis' simply means your sinuses are infected or inflamed, but this gives little indication of the misery and pain this condition can cause. Health care experts usually divide sinusitis cases into -

- Acute, which lasts for 3 weeks or less
- Chronic, which usually lasts for 3 to 8 weeks but can continue for months or even years
- Recurrent, which is several acute attacks within a year.

Sinuses are hollow air spaces in the human body. When people say, "I'm having a sinus attack," they usually are referring to symptoms in one or more of four pairs of cavities, or sinuses, known as *Para nasal sinuses*. These cavities, located within the skull or bones of the head surrounding the nose, include the:

- *Frontal sinuses* over the eyes in the brow area
- *Maxillary sinuses* inside each cheekbone
- *Ethmoid sinuses* just behind the bridge of the nose and between the eyes
- *Sphenoid sinuses* behind the Ethmoids in the upper region of the nose and behind the eyes

Each sinus has an opening into the nose for the free exchange of air and mucus, and each is joined with the nasal passages by a continuous mucous membrane lining. Therefore, anything that causes a swelling in the nose-an infection, an allergic reaction, or an immune reaction-also can affect the sinuses. Air trapped within a blocked sinus, along with mucus or other secretions

may cause pressure on the sinus wall. The result is the sometimes-intense pain of a sinus attack. Similarly, when air is prevented from entering a paranasal sinus by a swollen membrane at the opening, a vacuum can be created that also causes pain.

The location of your sinus pain depends on which sinus is affected.

- Headache when you wake up in the morning is typical of a sinus problem.
- Pain when your forehead over the frontal sinuses is touched may indicate that your frontal sinuses are inflamed.
- Infection in the maxillary sinuses can cause your upper jaw and teeth to ache and your cheeks to become tender to the touch.
- Since the Ethmoid sinuses are near the tear ducts in the corner of the eyes, inflammation of these cavities often causes swelling of the eyelids and tissues around your eyes, and pain between your eyes. Ethmoid inflammation also can cause tenderness when the sides of your nose are touched, a loss of smell, and a stuffy nose.
- Although the sphenoid sinuses are less frequently affected, infection in this area can cause earaches, neck pain, and deep aching at the top of your head.

According to Ayurveda **Pratishyaya** is classified in to VATAJA, PITTAJA, KAPHAJA, TRIDOSHAJA and RAKTAJA types. In Vataja type there is pain in sinus cavity with sneezing, Pittaja type is with fever and in Kaphaja type there are whitish secretion and dull headache. In Raktaja, there is bleeding from nose, coppery eyes, chest disorder, foul smell in breath and mouth and develops anosmia. All types of Pratishyaya if neglected develop in to 'Peenas' and cause many disorders in advanced stage, such as deafness, blindness, anosmia, severe eye diseases, cough, diminution of digestive fire and oedema.

Other symptoms of sinusitis can include -

- Fever
- Weakness
- Tiredness
- A cough that may be more severe at night
- Runny nose (rhinitis) or nasal congestion.
- Post nasal drip.

#### **TREATMENT: -**

In Ayurveda the treatment consists of oral medication for reducing the intensity the infection i.e. **Shamana** and the purification of the passage i.e.

**Shodhana**. Shodhana includes a part of Panchakarma treatment i.e. Shirovirechana or Nasya with herbal powders/oils.

\* The commonly used herbs are Vasa (Adhatoda vasica), Somlata (Ephedra), Chitraka (Plumbago zeylanicum), Shunthi (Zingiber officinalis), Tulsi/Basil (Ocimum sanctum), Bharangi (Clerodendrum serratum) and Pushkarmoola (Inula racemos).

\* Other things that are added commonly for this are Godanti bhasma, Shring bhasma, Praval bhasma, Sitopaladi churna, Talisadi churna, Trikatu churna.

\* Tablets like Vvoshadi vati, Khadiradi vati, Yashtimadhu extract are given to be

kept in mouth to reduce the irritation of the passage and reduce excessive secretions.

\* For cleansing the nasal passage we use ANU tail or SHADBINDU tail for [NASYA](#).

\* Little bit Eucalyptus oil is added while giving Herbal steam (VASHP SWEDA).

- 'Albiz malt' has very good success rate in controlling all the symptoms and it reduces the incidences of recurrence.

**Avoid** –Cold items (drinks and food), Swimming.

**Good** – Hot drinks with a bit citrus flavour, Gargles, Jala neti, Kunjal kriya.

**You may consult our Ayurveda experts through [on line consultation](#) or personally**

## **HERB OF THE MONTH: TRIPHLA part 2...**

The ingredients that make up Triphala are powerful individually. When combined correctly, synergy enhances the healing quotient exponentially.

The first ingredient is

### **Haritaki—**

Pronounced har-ee'-tuck-ee. It's called Terminalia chebula or Chebulic Myrobalans in Latin. This fruit is mentioned in almost all ayurvedic textbooks. Charaka goes so far as to say that Haritaki is as nourishing and useful for everyone as mother's milk. He mentions that it's a rasayana for the eyes (netra ruja apaharini), and helps prevent eye diseases such as glaucoma and cataracts.

Haritaki is also a rasayana for the skin. It's known as a Twagamayagni, which means that it destroys skin disease. Sushruta Samhita, a classical ayurvedic text on surgery, says that Haritaki and Triphala are useful in cleansing wounds and promoting healing and regeneration from the inside. The famous ayurvedic surgeon Sushruta calls it Vranya, which means having the ability to heal an ulcer or wound.

Charaka also says that Haritaki is good for the digestive system. It helps enhance the absorption of nutrients in food. It is also a cardio-preventive, helping to promote heart health.

Another excellent quality of this fruit is that it cleanses the macro and micro circulatory channels, known as srotas. In one verse of Charaka Samhita, it says Haritaki is "srotovishodhini," which means that it can clear the channels, both big and small. The Bhavprakash Nighantu, an Ayurvedic text on herbal science that is part of my own family tradition, mentions that Haritaki is a yogavahini, which means that it cleanses the channels and is absorbed quickly by the body.

Because of the yogavahini effect, Haritaki also enhances mental clarity and memory. Haritaki is a Medhya fruit, which means that it enhances coordination among the mental functions of dhi (acquisition of knowledge), dhriti (retention of knowledge) and smriti (recall of knowledge or memory). It enhances mental clarity and memory, and the stamina of the mind and senses. The 'Bhavprakash Nighantu' also mentions that it is good for the health of the spleen and liver, and is a famous preventive for any liver problems.

In addition, the Charaka Samhita says that Haritaki is sarvah dosha prasamani (all-dosha pacifying). Very few fruits and herbs have this designation. It also

supports the body's immune system. On top of everything, Haritaki has an anti-aging value. Charaka Samhita calls it vayasthapani (anti-aging).

There is quite an extensive body of research on Haritaki by scientists in universities throughout the world. In support of its bactericidal quality, research shows that Haritaki has anti-bacterial effect (International Journal of Cardiology, 1988). In this study the researchers tested the effect of extracts of Haritaki on a bacteria called Helicobacter Pylori. The results indicated that water extracts of Haritaki contain a heat stable agent with inhibiting effects and possible therapeutic potential for fighting Helicobacter Pylori and other bacterial species.

As for the reduction of liver disease, one study examined the effect of an herbal formula that contained Haritaki as the main ingredient along with four other herbs. The results showed that this formula enhanced the rate of recovery from hepatic amoebiasis by 73%, reducing the average degree of liver infection substantially (Journal of Ethno Pharmacology, 1996). The extract of this formula also was found to enhance cell-mediated immune response in golden hamsters with amoebic liver abscess.

**To be contd.....**

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## **BEAUTY TIP – FOR SKIN**

Gently exfoliate the skin exposing a brighter complexion with -  
20 ml.fresh Amla/orange juice  
10 ml.Fresh lemon  
Honey -to make a paste.

Combine ingredients to make a paste. Wet your skin, and then apply the citrus paste to your face. Gently massage the paste into your skin using a circular motion for one minute. (Keep it away from the eyes.) Rinse off using room temperature water. Follow treatment with a light moisturizer. Use this recipe twice a week as part of skin care routine. (Makes enough for 1 treatment, discard any unused portions.)

For personalized beauty related queries mail to: [beauty@ayurplanet.com](mailto:beauty@ayurplanet.com)

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## **FORTHCOMING EVENT:**

### **Date: 19-NOV-04 - 21-NOV-04**

Zak International Healthcare and Herbal Products Expo 2004, is a platform to focus the value of Healthcare, Herbal Plants / Products and their utility to the well being of the individuals.

**Venue:** Chennai Trade Center, Chennai, India.

### **Date: 14-NOV-04 - 27-NOV-04**

The IITF being a multi-product exhibition has on display a wide range of products and services. However, beneath the well dispersed spread of products, the Fair has focus on a few identified areas in the form special displays.

**Venue:** Pragati Maidan, New Delhi, India.

**Date: 8 November – 10 Nov 2004.**

“Health through Alternative systems of Medicine- An Eye Opener”

**Venue:** Tapowan Hall, Chinmaya Centre, Lodhi Estate-New Delhi -3

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### News –

- **Babies born by Caesarean section may have a greater risk of suffering food allergies** and diarrhoea during their first 12 months, research suggests. This method of delivery might lead to a slight difference in the way the immune system develops
- **Plant Compounds May Curb Pancreatic Cancer Growth** NEW YORK (Reuters Health) - Several studies have shown that a group of antioxidant compounds found in grapes, green tea, soybeans and wine may lower the risk of a range of cancers, but exactly how these powerful compounds work has remained unclear. Now, researchers report that a plant-derived polyphenol can slow the growth of pancreatic cancer cells in mice and curb the spread of cells by triggering a series of reactions that causes the cells to self-destruct, a process known as apoptosis. The study is published in the April issue of the International Journal of Cancer.

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